

(ciep geizgonq)				《Seiq Daih Fwencieg Bouxcuengh》				Guenj song ndoiq lwglinz Siengj buenxfwngz gvaqgyaeuj Dahyouj ndoiq lwgdaeuz Siuj yienghlawz mbouj ndaej Sou cix daeq gou naeuz				管他们姐弟 相伴过一生 达优是长女 少一样不行 请帮我教育			
35				《壮族四大悲歌》				41							
Guhmaiq daengz banneix Gag aeufheiq youh daej Vih ciuhneix Ranzmungz Siengsim lai ha mbwn Lingh hwnj roen bae haq Vaihna j daengz seiqlaeng				□ 关仕京 李守汉 整理翻译				Caenz youq cibgeij bi Gou mbouj miz vaih naj Caenh gou haq guhlawz Cienh dangq max caeuf lawz Miz bouxlawz doengz gou Cingj doengzsou bingzleix				共处十多年 我没丢过脸 赶我嫁何缘 比马驴还贱 谁像我这样 请你们明鉴			
Doengxn goenz mbouj maenz bae Dah goj gyaenz cix dwg Cij suenq lwg hauqceij Guhmaiq daengz banneix Gag aeufheiq youh daej Vih ciuhneix Ranzmungz				Sou guh beix goj raen Gou ciuhvunz sinhoj Lau x liux lwg mbouj gyoh Ra sengloh mbouj deng Daej damengz seizneix				Gamz raemxda okdou Gou lwnh sou beixnuengx Ndaw bak cuengq aen mbi (mbei) Caenz youq cibgeij bi Gou mbouj miz vaih naj Caenh gou haq guhlawz				含泪走出门 告诉众家人 苦胆嘴里含 共处十多年 我没丢过脸 赶我嫁何缘			
Daengq ciuhlw g ciuhlan Lwnh doengzban doengzsauh Geq cix dauq haq vunz Siengsim lai ha mbwn Lingh hwnj roen bae haq Vaihna j daengz seiqlaeng				Hix mbouj geijlai nai h Lwgg yax caiq baenzvunz Gou sim cungj lij ei q Lau x liux lwg mbouj gyoh Ra sengloh mbouj deng Daej damengz seizneix				Yiengz lij gvih gwn neq (cij) Lwg caenh meh okdou Faex fad gou dangq mou Cienh dangq max caeuf lawz Miz bouxlawz doengz gou Cingj doengzsou bingzleix				羊还跪吃奶 儿赶妈出门 棍赶如猪狗 比马驴还贱 谁像我这样 请你们明鉴			
36				38				42							
Gou baenzciuh mbouj lumz Vah coenz haemz coenz get Sim mbouj mied cix ngeix Vih diuzmingh mbouj ndei Rox geijseiz miz fuk Ndae j vunz fugsach gou				Guhmaiq nguh cingcin Daengq ciuhlaeng baenaj Caiq bae haq lingh vunz Ciengx doi q lwg daengz hung Mbouj nyinh cingz ngoenzneix Caen gikheiq gou lai				Roeg lij rox gueng meh Sou nuengxcej bienq sim Lumz aencingz seuqsat Feiz dawz daeuh cix ndat Aeu raemx bat cix meng Sou guh deng rox mbouj				鸟知反哺义 姐弟变心意 恩情全忘记 火燃灰烫地 用水泼就灭 你们做无理			
Langh gou sim mbouj bingz Dai gyan groen daihlloh Ra vunz gouq mbouj funz Gou baenzciuh mbouj lumz Vah coenz haemz coenz get Sim mbouj mied cix ngeix				Daj lij saeq cix you Gou lwnh sou doengzbeix Rox feiq geijlai sim Guhmaiq nguh cingcin Daengq ciuhlaeng baenaj Caiq bae haq lingh vunz				Yiengz rox gvih gwn cij Ciengx mbouj dij saek dei (di) Caenh gou bae lingh geh Roeg lij rox gueng meh Sou nuengxcej bienq sim Lumz aencingz seuqsat				羊懂跪奶义 养你太不值 赶我到别地 鸟知反哺义 姐弟变心意 恩情全忘记			
Gou ndaej seiqcib geij Youh lingh bae haq vunz Gou ienq mbwn ienq dei h Vih diuzmingh mbouj ndei Rox geijseiz miz fuk Ndae j vunz fugsach gou				Laemxsim rungx Dahyouj Lij naeuz gou mbouj caen Dwen daengz sim cix yungz Ciengx doi q lwg daengz hung Mbouj nyinh cingz ngoenzneix				Cax cab raemx mbouj duenh Meh goj niemh daengz sou Caenh okdou cix sat Feiz dawz daeuh cix ndat Aeu raemx bat cix meng Sou guh deng rox mbouj				刀砍水不断 妈可念到你 赶出门也罢 火燃灰烫地 用水泼就灭 你们做无理 (<i>caengz sat</i>)			
37				Co goj siengj doengzdoi h				原想在一起							
Aeu mbouj aeu dauhleix				讲不讲道理											

Seizcou Gwnndoet Aeu Haeujsim Gijmaz

秋季饮食该注意什么？

Seizcou mbwn hawqsauj sieng bwt aeu noix gwn manh. Seizcou hoengheiq hawqsauj, mbaeqdoh noix, bouxvunz yungzheih okyienh baenz hozhawq、gan ae daengj binghyiengh. Neix dwg aenvih aenmbwn hawqsauj lai sieng bwt cau hbaenz. Ndigah, wng noix gwn coeng、hing、lw gmanh、hozceu. Fuengz manh raeuj dem ndat, aenbwt engqgya hawqsauj.

Bwt sau j sieng daep aeu gwn soemj. Daj cunghyih nguxhangz seng gek daeuj gangj, bwt dwg gvihaeuj gim, daep gvihaeuj faex, gim hoengh naengz gek faex, hawj daep faex deng dieng. Wng habdangq gwn di gijgwn soemj ndeu, aenvih “soemj haeuj daep”, ndaej hawj daep faex hoenghgiengz, fuengz heiqdaep daiq lai sienghaih aen’ daep. Danhseih mbouj ndaej gwn gijgwn soemj daiq lai, gwn lai rox gig aendungx, aendungx yungzheih baenz biux naeuh、dungxin daengj bingh, doi q aenndang mbouj ndei.

Gva seizcou vaih dungx siuj gwn huqgyoet. Mbouj noix vunz cungj miz cungj gamjsouh neix, baez mbouj siujsim dungx couh vaih, neix caeuf dienheiq seizcou mizgven. Seizcou mbwn liengz, givwnh doekdaemq, heiqyiengz aendungx mbouj gaeuf, caiq gwn byaek mak gyoet roengzbae, dungx couh engq dingj mbouj ndaej lo.

Habdangq gwn raemx cei q youqgaenj. Seizhah ok hanh lai wng lai gwn raemx, seizcou geiqci et hawqsauj engq wnggai lai gwn raemx. Danhseih gaej baez dog gwn raemx daiq lai, daihliengh gwn raemx rox hawj dungxsaej demgya fudanh, cijmiz gwn noix gwn lai baez cijndaej hawj hozgyawh dumznyinh.

Ciengx yaem ik heiq dwg gvanhgen. Doiq bouxcungnienz、bouxlaux daeuj gangj, seizcou cei q youqgaenj dwg ciengx yaem ik heiq. Ciengx yaem couh ndaej fuengz bwt sau j, ik heiq youh ndaej raeuj ciengx heiqbwt. Ndigah, seizcou wng lai gwn maenzcienz、beghab、raetngaenz、daezmou、cehm bu、ngaeux、makleiz、gaeujgij daengj, yawh bienh ancienz doh gvaq seizcou.

Seicou Gwn Duhngaz Ndae j Siu Ndat Gejdoeg

秋食豆芽清热排毒



Ndaw duhhenj、duhheu hamz miz daihliengh danbwz–ciz、youzlau z caeuf dansuij vahozvuz, caemhcai q hamz miz naz、dez、linz、gai daengj yenzsu ndang vunz aeu miz haenx, biu ngaz le mbouj danh lij baujciz gij doxgai q nyuenz miz, caemhcai q lij demgya miz

veizswng hsu B₁、veizswng hsu B₂、veizswng hsu B₁₂、veiz–swng hsu C daengj doxgai q dem. Gij yezluzsu ndaw duhngaz ndaej fuengzceih saejgyoenj baenz aiz. Cunghyih nyinhnaeuz, duhngaz singq diemz, ndaej siu ndat gejdoeg, lei h caep doeng haexnyouh.

Seizcou Yaek Daezfuengz Gijmaz Bingh?

秋天该提防哪些疾病？

Feigezhwz. Seizcou ok rog hozdung lai, yungzheih lah baenz feigezhwz. Ndigah, baez okyienh miz naj nding、loq fatndat、rengz nai q、ok hanhheu、baenz ae、myaiz lai seiz, couh aeu singjsaeh cij ndaej. Caenhliengh noix bae giz vunz lai guhcaemz, ndaw ranz aeu doeng rumz ndei. Baez raen vunz ndaw ranz baenz feigezhwz hix gaej vueng lai, gij doxgai q ngoenz yungh de aeu dawz bae la j ndithaenq dak 5 faen cung doxhwnj, myaiz de cei j suek ndei hai feiz coemh bae.

Dwgliengz. Seizcou mbwn liengz, bouxvunz yungzheih dwgliengz, aeu riengz dienheiq bienqvaq gyagemj buhvaq, lai

ok rog ranz bae hozdung, ndaw ranz aeu doeng rumz ndei, lai gwn raemxgoenj caeuf lwg–mak, ciengz yungh raemxgyoet swiq naj swiq ndaeng.

Hozgyawh fatyiemz. Seizcou dienheiq bienqvaq daih, gominj doxgai q ndaw hoengheiq lai, yungzheih yaeuhfat baenz hozgyawh fat–yiemz. Ndigah, aeu ciengz–seiz baujciz cingzsi ndei, gaijnde i vanzging ndaw ranz, baujciz hoengheiq ndaw rug riuzdoeng ndei.

Feiyenz. Aenvih dien–heiq hawqsauj, aenbwt cei q yungzheih deng haih. Aeu cizgiz lienhndang, demgiengz goengnaengz aenbwt, noix gwn gijgwn manhget, lai gwn

makleiz caeuf lauxbaeg, yawhfuengz baenz feiyenz.

Hoh in. Boux baenz hohdae z in haenx, wng gwn laeujgyaeqgae q moeggva daeuj giep fung doeng meg、vaq caep dingz in. Linghvaih, aeu haeujsim fuengz nit baujraeuj, daegbied dwg ok hanh le gaej cigciep yungh raemxgyoet daeuj caemxndang.

Naengn oh ganjyenj. Seizcou, vunz deng nyungz haeb le yungzheih hwnj nwnj humzhaenz, gaeu lai couh ganjyenj ok nong. Ndigah, deng nyungz haeb le gaej yungh fwngz bae gaeu, wng aeu funghyouzcingh roxnaeuz cinghliengzyou z daeuj led gizde.